

IN THE ABSTRACT

The abstract of the disclosure is objected to due to minor informalities. On the next page a substitute abstract of the disclosure is provided. It is less than 150 words and does not include legal phraseology.

Abstract of the Disclosure

A self-actuated cervical traction device is provided. The traction device includes a headpiece, a loop attached to the headpiece, a cord, a pulley and a foot engaging loop. The headpiece is secured on the head. The headpiece includes straps which are connected to a first anchor. The cord is first connected to the first anchor and then to and through the pulley system. The pulley system is supported by a door. The cord is further connected to a second anchor. The second anchor is further connected to a foot strap, which engages the feet of the user. The headpiece would be adjusted, and the user would lie on the floor. When the user extends their legs, the foot loop transmits force back through to the headpiece through the cord and pulley system stretching the muscles at the back of the neck, causing a therapeutic effect.